



Mission Statement

The Women's Mental Health Center:

- Serves women veterans through compassionate, innovative, and quality patient care in a safe and supportive environment.
- Educates and empowers women to obtain their optimal health
- Promotes excellence in research and education in areas of importance to the mental health of veteran women
- Provides quality training to emerging health care professionals about the mental health needs of veteran women

Services and Treatment

1. Innovative Treatments

We offer both established and cutting-edge treatments.

2. Community Support

We provide numerous opportunities for women veteran to benefit from a community of women veterans.

3. Supportive Network

We offer many opportunities to establish supportive networks with providers and referral sources.

4. Advanced Research Center

We pursue education and research designed to advance the clinical care and knowledge of women veterans.

5. Psychoeducation

We offer women veterans mental health psychoeducation and opportunities to develop new skills.

6. Warm and Supportive Staff

Our staff is committed to the care of women veterans, and feels those who we serve are deserving of both respect and compassion.

7. Continuity of Care

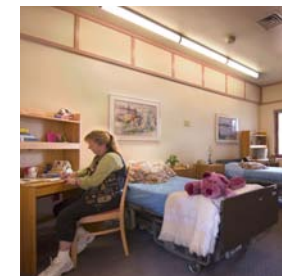
Our philosophy is to take a coordinated approach with a veteran's mental and medical care providers to ensure optimal treatment.

8. Tranquil Environment

Those who come to our center appreciate our attractive building and especially our beautiful and peaceful grounds.

Women's Trauma Recovery Program

The Women's Trauma Recovery Program (WTRP) is a 60-day residential post-traumatic stress disorder (PTSD) and military sexual trauma (MST)



treatment program for women veterans. Established in 1992, the WTRP is part of the National Center for PTSD and serves women who are coping with the aftermath of trauma. The program serves women of all eras and is open to women from across the country. The WTRP is a recognized model for women's trauma recovery combining leading research, clinical expertise and an interdisciplinary approach to pursue a common mission – improving the mental health of women veterans.



National Treatment Leaders

Acceptance and Commitment Therapy (ACT)

Our center leads the nation in exploring cutting-edge treatments for women. We offer ACT which enhances women's ability to live valued lives. This new and powerful approach has been shown empirically to help patients cope with a wide variety of clinical issues including depression, anxiety, stress, PTSD, MST and substance abuse.

Seeking Safety

Our Center was one of the first programs to implement Seeking Safety, a successful treatment for PTSD, MST and substance abuse.

Self-Defense

The Center also uniquely offers the women's self-defense project a comprehensive course empowering women veterans with a history of sexual assault to build new skills for coping with their trauma history and preventing further victimization.



Despite the adversity in these women's lives, they readily offer support and guidance to the "band of sisters" who follow them.



"After long years of self-destructive thoughts and behaviors, after 30 years of feeling alone and terribly unique, I found I was neither alone nor unique. The program did not 'fix' me, but it gave me the tools to start believing in myself." – DJ

For further information or referral contact:

Women's Mental Health Center

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Women's Trauma Recovery Program

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"It's unbelievable how much fear can dictate life when you let it. I was committed to the program and the payoff was three unforgettable months with some of the most remarkable and genuine people I have ever met." – Joann



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